his parents are morning types who think he is staying up way past his bedtime, or is just downright lazy when he sleeps until noon every weekend.

However, the night person isn't deliberately setting his own body temperature. He would gladly rise early if he were a morning person. The proof is in performance. The night owl's late hours have been scientifically proven to be his most productive hours of the day.

The early riser has fewer problems, of course, because anyone who is up and ready to go at the crack of dawn seems to be a model for the rest of us to follow. He should do his studying early in the day, when he is at his peak and ignore the night people who kid him about going to bed so early.

Of course there will be times when you can't arrange to study on your perfect schedule. If you *must* study when you're tired or fatigued, follow a few steps:

- Lift your feet up. Let the blood flow to your head.
- Begin some deep, slow, rhythmic breathing.
- Eat something sweet.

The Art of Studying

Once you've determined when to study, it's time to master how to study.

Active review is much more efficient than passive review. In active review, we go through our material, ask ourselves potential exam questions and then practice writing down the answers, just the way we would on a test.

Passive review is simply reading and rereading the material we think is important. Most passive reading is a waste of time because we aren't checking on ourselves. We need to write the answers, not just think about them. Dress rehearsals before a play are done to get the kinks out. We should do the same before an exam.

Make use of study groups, parents, tutors, instructors, tapes, condensed books and other summaries when studying. You can learn a language, for instance, almost twice as fast if you *read*, *recite*, and *listen* instead of memorize, memorize, memorize.

Study in bright light. Natural window light is always best. If it's dark outside or you can't be near a window, make sure your artificial light is as bright as it can be. It will reduce depression that studying for a test sometimes causes. A good fluorescent light will reduce glare.

Concentration is critical to study periods, so the less background noise, including